

# Farm



# Fresh

June 2009

## Available Now...

### *Cherries*

A welcome treat in mid-June, Colorado cherries are perfect for baking and cooking. Not only are they low in fat and sodium free, they are also a good source of fiber and Vitamin C.



Look for fresh Colorado cherries at your local farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown throughout Colorado.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

### **Colorado Cherry Maple Muffins**

*Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.  
ACF Colorado Chefs Association President*

- 2 1/2 cups Fresh Cherries, pitted and sliced
- 1 1/4 cups Whole Wheat Flour
- 1 cup All Purpose Flour
- 1 3/4 cups Dark Brown Sugar, packed
- 1 cup Butter, softened
- 1 cup Almonds, toasted and chopped
- 1 1/4 tsp. Baking Soda
- 1 tsp. Pumpkin Pie Spice
- 2 tsp. Maple Extract
- 1 tsp. Kosher Salt
- 1 Egg
- 1 1/4 cups Sour Cream
- 1 1/2 tsp. Vanilla Paste or Extract

Preheat oven to 375°F. With a fork or pastry cutter, work the flour (1 cup all purpose and 1 cup whole wheat), brown sugar and butter in a large bowl until crumbled or mealy. Stir in the toasted almonds then divide the mixture in half. Use the first half as a streusel topping for the muffins. Into the remaining half of the crumb mixture stir in the baking soda, spice, maple extract and salt until well mixed. Add the egg, sour cream and vanilla and mix until fully combined and smooth. Add the remaining 1/4 cup whole wheat flour and stir until just combined then gently fold in the cherries. Place into muffin tins lined with paper. Sprinkle the crumb topping over the tops of the muffins. Bake at 375 degrees for approximately 1 hour 15 minutes or until a toothpick comes out clean. Should the muffins start to darken too fast, cover with foil to avoid burning. Cool in pan for 5 minutes then turn out onto a cooling rack and cool completely.

## *Next Month...* **Beets**